



Active Adult Recreation

March - May 2015

Senior News

City of Chandler Senior Center

202 E. Boston Street
Chandler, AZ 85225

480-782-2720

Fax: 480-782-2725

www.chandleraz.gov/senior-adult

Monday–Friday

8 am– 5 pm

Holiday Closures:

May 25—Memorial Day

BULLETIN BOARD

25th Annual Senior Expo sponsored by
Wednesday, March 11 9 a.m.—12 p.m.



Come join us for a one-stop shop at the Community Center featuring over 60 vendors here to provide you with all the resources you'll need for staying healthy in your golden years!

Senior Variety Show

Wednesday, March 18th at 2 p.m. and
Thursday, March 19th at 7 p.m.

Come see over 30 acts starring talented senior members of our very own community! Tickets are \$8 at our front desk and are available at the Senior Center or the Center for the Arts.

Upcoming Events...

- * Minute to Win It with CGCC students Friday, March 6 at 10 am
Come engage in timed activities with students from Chandler Gilbert Community College that will be a blast to both participate in and watch!
- * Generations Prom Monday, March 30 at 5:30 pm
Gilbert has invited us to come dance with them at the Generations Prom hosted by CGCC students. Dancing, pictures and light snacks will be provided as well as a crowning of a King and Queen! Sign up for transportation
- * Jeopardy Game Wednesday, April 1 at 10 am
- * Spring Celebration Monday, April 6 at 10 am
- * Pool Tournament starts Thursday, April 9th. Enter your name at the front desk!
- * Poetry Café Wednesday, April 22 at 10 am
Find your favorite poem and bring it ready to read aloud to us! Treats provided!
- * Cinco de Mayo Party Tuesday, May 5 at 10 am
- * Wheel of Fortune Wednesday, May 6 at 10 am
- * Mother's Day Party Monday, May 11 at 10 am
- * Open Mic Afternoon Friday, May 22 at 2pm
- * National Senior Health and Fitness Day! Wednesday, May 27

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Site Council

Let your voice be heard in Site Council. Meetings are held on the 3rd Monday of each month at 9:30 am.

President: Edna Robinson

Vice President: Maretta Wood

Treasurer: Betty Crawford

Secretary: Judy Monninger

Members: Mike Aho, Bill Bennet, Leonard Bhaerman, Thelma Brown, Leonardo Chapelle, Ira Hutchinson, Dwayne Jacobs, Bert Johanson, LaVerne Johanson, Edna Kelch, Ann Moore, George Pace, Bob Reichard, Kiyoko Romero, Nick Simiz, Prannath Tiku, Fred Utter

Staff: Eliza Haws, Kelly Delgado, Kris Balzan

SENIOR CENTER TEAM

City of Chandler Recreation

Recreation Coordinator II: Nancy Jackson (480) 782-2722

Recreation Coordinator I: Eliza Haws (480) 782-2741

Recreation Coordinator I (Therapeutics): Collette Prather (480) 782-2709

Customer Service Representative: Loretta Colson (480) 782-2720

Chandler Christian Community Center

Senior Food Programs Manager: Kelly Delgado (480) 503-6058

Community Outreach Specialist: Kris Balzan (480) 503-6061

Chandler Food Programs (480) 782-2721

Senior News

March - May 2015

WEEKLY ACTIVITIES

MONDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Ceramics 9:00 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Bingo 12:15 pm
- Bridge 12 pm

TUESDAY

- Quilting 8:30 am
- Knitting/Crocheting 8:30 am
- Bridge 9 am
- Pinochle, Hand/Foot 12 pm
- Mah-Jong, 12:30 pm

WEDNESDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Bingo 12:15 pm
- Hand/Foot 12:00 pm
- Pinochle 12 pm
- Intermediate Bridge 12:30 pm

THURSDAY

- Quilting 8:30 am
- Bridge, Crafts 9 am
- Food Box/Bread Distribution 10 am
- Cribbage/Pitch 12 pm
- Scrabble, Mexican Train Dominoes 12:30 pm
- Euchre 1 pm
- Bowling at Kyrene Lanes (\$7) 1 pm

FRIDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Bingo 12:15 pm
- Bridge 12 pm
- Mexican Train Dominoes 1 pm

MONDAY-FRIDAY ACTIVITIES

- Koffee Klatch 8 am
- Computer Lab 8 am-5 pm
(excluding class time)
- Pool table 8 am-5 pm
(excluding exercise time and bridge)
- Lunch 11:30 am

SPECIAL SERVICES

Have Questions?

Call the **Senior Help Line** 602-264-4357.

Transportation: Dial a Ride 480-633-0101 ext. 4

Coupons for Cabs 480-962-7433

Peer Counseling: These free support services can help you work through problems, manage stress, achieve goals and cope with grief or depression. Contact Renee Ouellet with EMPACT at (602) 672-5048 for details and to make an appointment.

Benefits Assistance Program: Area Agency on Aging provides free Medicare consultations the second Monday of every month. Call the front desk to make an appointment.

Health Screenings: St. Luke's Hospital sponsors blood pressure readings for free the first Thursday of every month starting at 9 am.

AARP Smart Driver Course: Classes are offered the third Thursday of every month from 1-5 pm! Class fee is \$15 for AARP members, and \$20 for non-AARP members. Sign up in advance!

Legal Consultations: Attorney Cami Pickett is available for 30-minute legal consultation sessions on March 18, April 22, and May 20 from 9 am through 11:30 am. Sign up at the front desk for an appointment!

MedAssure: Keith from MedAssure will be in to adjust your ambulatory devices. He can fix your wheelchair, walker or cane! Just bring it in March 25th and May 27th at 10 am!

BMI Screenings: Gemini Hospice offers free Body Mass Index (BMI) and blood pressure screenings the third Thursday of every month starting at 9 am.

Discussion Group: We have "Getting Acquainted with Your Mind" discussion group meetings on Tuesdays. We started in February but anyone is welcome anytime through the last meeting on April 7th.

Computer Help: Andrea Grech and Uma Nagulapalli from My House In-Home Care are here to assist you on Thursday mornings from 8:30-10 am in the computer lab. Bring in any and all questions!

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CLASSES

BEGINNING/INTERMEDIATE WATER COLOR

Learn everything from how to apply the paint to composition and color. Experienced painters will improve their skills and learn new tricks. Students must bring their own supplies. Supply list available at the Senior Center.

Resident fee: \$53	Non-resident fee: \$72	
Tu 4/7-5/26	9:30 a.m.-12 p.m.	55yrs+

COMPUTER BASIC-I

This class is for beginners to Windows 7 and Microsoft Word 2010. Instructions will include terminology, mouse movements, and creating and editing letters/documents.

Resident fee: \$41	Non-resident fee: \$56	Supply fee: \$15
W 3/4-4/8	9:30-11:30 a.m.	55yrs+
W 4/22-5/27	9:30-11:30 a.m.	55yrs+

EXCEL I: INTRO TO MICROSOFT EXCEL

This class provides an introduction to Microsoft Excel for beginners. Subjects include file manipulation, formatting, printing and templates. Learn how to use Excel to organize your work, finances and hobbies!

Resident fee: \$18	Non-resident fee: \$25	
W 3/18-4/15	5-6 p.m.	55yrs+

EXCEL II FOLLOW-UP CLASS

Resident fee: \$26	Non-resident fee: \$35	
W 4/29-5/27	5-6:030 p.m.	55 yrs+

EMAIL/INTERNET

(must have Basic I computer skills)

Search topics of interest on the World Wide Web and organize information by using bookmarks and favorites. Learn how to set-up email accounts; make travel reservations; go shopping online and create a personal address/contact book.

Resident fee: \$28	Non-resident fee: \$38	Supply fee: \$15
W 3/4-3/25	9:30-11:30 a.m.	55yrs+
W 4/29 - 5/20	1-3 p.m.	55yrs+

FAMILY MEMORIES WRITING CLASS

Using creative nonfiction techniques, write short vignettes to share with your children, grandchildren, and friends.

Resident fee: \$28	Non-resident fee: \$38	Supply fee: \$10
M 3/2-3/23	10:30 a.m. - 12:30 p.m.	18yrs+
M 4/20-5/11	10:30 a.m. - 12:30 p.m.	18yrs+

HERE'S MY LIFE

Combine your living history, memories and photos into an expandable book. A written guide and instructor advice will help preserve your family history and create something priceless.

Resident fee: \$3	Non-resident fee: \$5	Supply fee: \$25
W 3/4	12-1:30 p.m.	55yrs+
W 4/1	12-1:30 p.m.	55yrs+
W 5/6	12-1:30 p.m.	55yrs+

LINE DANCE

It's not only fun, it's exercise for the mind and body! Come out, learn some new moves and dance!

Resident fee: \$16	Non-resident fee: \$22	
Tu 3/10-3/31	2-3 p.m.	55yrs+
Tu 4/7-4/28	2-3 p.m.	55yrs+
Tu 5/5-5/26	2-3 p.m.	55yrs+

iPAD EXPERIENCE

Grab your iPad, jot down your Apple ID and password and bring them to class! Gain basic knowledge of the iPad including how to identify device buttons and icons, learn email, photos, videos and download/delete apps.

Resident fee: \$28	Non-resident fee: \$38	Supply fee: \$15
M 3/2-3/23	9:30-11:30 a.m.	55yrs+
M 4/6-4/27	9:30-11:30 a.m.	55yrs+

IPHONE WORKSHOP

Students must have their Apple ID and password at the beginning of class. Learn the great things your iPhone can do for you!

Resident fee: \$16	Non-resident fee: \$22	Supply fee: \$15
M 3/2-3/23	1-3 p.m.	55yrs+
Th 4/6-4/27	1-3 p.m.	55yrs+

PASSPORT SPANISH

You're not looking to master the language, just know a little for that upcoming trip!

Resident fee: \$41	Non-resident fee: \$55	
Th 3/12-4/30	2:45 - 4:15 p.m.	55yrs+

PHOTOGRAPHY 101

Learn how to take great exposures and improve your existing pictures in this five-week class. You will learn how to fully understand your camera and make fantastic compositions and prints. DSLR or mirror-less camera required.

Resident fee: \$16	Non-resident fee: \$22	Instructor fee: \$60
M 3/23-4/20	12:30 p.m.- 2:30 p.m.	55yrs+

March - May 2015

CLASSES, CONTINUED

SPANISH I - BEGINNER

You know you want to do this! It's all here waiting for you: vocabulary, introductory grammar, and the opportunity to practice what you learn.

Resident fee: \$41 Non-resident fee: \$56 Supply fee: \$5
Th 3/12-4/30 1-2:30 p.m. 55yrs+

TAI CHI CH'UAN - NEW BEGINNERS

Just trying it out for the first time? Come learn a martial art exercise that will improve your stamina and strength! Wear comfortable, loose fitting clothing.

Resident fee: \$40 Non-resident fee: \$54 Supply fee: \$3
M 3/2-5/18 2:45-3:45 p.m. 55 yrs+

TAI CHI CH'UAN - INTERMEDIATE

Second level!

Resident fee: \$40 Non-resident fee: \$54
M/W 3/2-4/8 1:30-2:30 p.m. 55 yrs+

TAI CHI CH'UAN - ADVANCED

Advanced level!

Resident fee: \$40 Non-resident fee: \$54
W 3/4-5/20 2:45-3:45 p.m. 55 yrs+

YOGA AND MEDITATION

Learn exercises to release tension from your mind and body. Learn to use these meditation techniques to gradually optimize health. Bring an exercise mat and towel.

Resident fee: \$28 Non-resident fee: \$38
Th 3/12-4/30 11:30-12:30 p.m. 18yrs+

ZENDOODLE – YOGA FOR THE BRAIN

Doodling can be relaxing and meditative when using zen designs and patterns. Come in, relax and make art.

Resident fee: \$9 Non-resident fee: \$13 Supply fee: \$10
F 3/20 6-8 p.m. 55yrs+

ZUMBA GOLD

Come dance and get fit! This class brings the excitement of the Latin and international dance rhythms from the original ZUMBA program to the active adult population!

Resident fee: \$16 Non-resident fee: \$22
M 3/9-3/30 2:30-3:30 p.m. 55 yrs+
M 4/6-4/27 2:30-3:30 p.m. 55 yrs+
M 5/4-6/1 2:30-3:30 p.m. 55 yrs+

*No class 5/18

MONTHLY OUTINGS

Movies and Lunch!!!

What more could you want!?

Sign up at the Senior Center and come join us!
Transportation is provided and you pay your way!

March

Movie: March 3 - \$2 at Pollack Cinemas.

The movie will be chosen Feb 27

Lunch: March 25 - Fired Pie

April

Movie: April 7 - \$2 at Pollack Cinemas.

The movie will be chosen April 3

Lunch: April 15 - Ono Hawaiian BBQ

May

Movie: May 5 - \$2 at Pollack Cinemas.

The movie will be chosen May 1

Lunch: May 13 - Zorbas (Greek Cuisine)

Monthly Trips to the Casino

Wednesday, March 25

Mazatzal Casino

Cost: \$5

Pick up at 8:15 am

Return between 4:30 and 5:00 pm

Wednesday, April 29

Apache Gold Casino

Cost: \$20 cash registration

Everyone gets \$25 to start at the slots!

Pick up at 8:30 am

Return between 4:30 and 5:00 pm

Wednesday, May 27

Fort McDowell

Cost: FREE

Pick up at 8:30 am

Return between 4:30 and 5:00 pm

All cancellations must be made 24 hours or more in advance to have money refunded to you or put on your account. All cancellations made less than 24 hours in advance will forfeit their fee. Please register at the front desk.

March - May 2015

ADVENTURES AND EXCURSIONS

****All cancellations must be made 3 business days in advance to receive a full refund. Less than 3 days notice will result in a 50 percent refund. No refund will be issued for cancellations made on the day of an excursion.**

Laughlin: Out of Town Trip with Free Spirit Vacations and Events

Monday, March 9 - Wednesday, March 11

- Flirt with Lady Luck for 3 days while spending your nights at the Golden Nugget.
- \$150 per person for a shared room
- \$175 per person for a single room

Friday, March 13 - Orpheum Theater Tour

Cost: \$3 registration fee, \$4 non-residents

- The Orpheum Theater is a 1364-seat theater in downtown Phoenix originally built in 1929 for vaudeville acts. It still hosts shows but is also a historical beauty in and of itself. Come take a tour with us and then enjoy lunch at local grill, Tom's Tavern. Make sure to bring money for lunch.
- Leave at 9:00 am
- Return approximately 2:00 pm

Saturday, March 28 - My Fair Lady at Hale Theater

Cost: \$23 registration fee, \$31 non-residents

- Henry Higgins wagers he can transform a Cockney flower girl into an aristocratic lady! This show brings back timeless musical favorites like "I Could Have Danced All Night," "Wouldn't It Be Lovely," and "The Rain in Spain."
- Leave at 2:00 pm
- Return approximately 6:00 pm

Monday, March 30 - Generations Prom

Cost: FREE

- Gilbert Senior Center, Chandler Gilbert Community College and Chandler Senior Center are putting on a Generation Prom held at the Gilbert Senior Center! Pictures and light snacks will be provided as well as the crowning of a King and Queen! You can come in our vans or drive on your own! Let us know!
- Leave at 5:30 pm
- Return approximately 8:30 pm

Thursday, April 2 - Spring Training at Salt River Fields

Cost: \$25 registration fee, \$32 non-residents

- It's the end of Spring Training season - let's make sure we get to at least one game! Come see the Arizona Diamondbacks take on the Chicago White Sox.
- Leave at 10:45 am
- Return approximately 4:00 pm

Tuesday, April 21 - Shamrock Farms

Cost: \$10 registration fee, \$8 non-residents

- Come take a tour with us on an open-air tram of the dairy farm down in Stanfield, Arizona. Learn all about dairy farming and see 200 cows being milked at once! You can bring a lunch to enjoy in a picnic setting or purchase a hot dog, pretzel and/or ice cream at the Shamrock Ice Cream Parlor!
- Leave at 11:30 am
- Return approximately 4:00 pm

Tuesday, May 12 - Commemorative Air Force Museum

Cost: \$12 registration fee, \$16 non-residents

- This Air Force Museum features historic warplanes such as a 1944 B-17g bomber and an F4 Phantom. Come take a tour and ask all the military questions you'd like! Bring some extra money for lunch because we're stopping at "Crackers and Company" on our way home!
- Leave 9:15 am
- Return approximately 2:30 pm

Wednesday, May 20 - Phoenix Art Museum

Cost: \$3 registration fee, \$4 non-residents

- If you're looking a little bit of artistic culture, this is the place for you! We're headed to see everything the Phoenix Art Museum has to offer including a special Andy Warhol exhibition, Latin American History pieces and photos from the entire history of the photographic medium from the 1840's to present day, just to mention a few! And the best part... it's free!
- Leave at 3:00 pm
- Return approximately 7:00 pm

March 2015

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10 am - Music with Jai Mitchell	3 9:30 am - Mindfulness Group 10 am - San Tan Chiropractic TBD - \$2 movie	4 10 am - Mountain View Funeral Home Question and Answer with Breakfast!	5 8:30 am - Computer Help 9 am - Blood Pressure Checks 9 am - Crafts with Juanita 9:30 am - Tai Chi Qigong	6 10 am - CGCC students come play "Minute to Win it!" 10 am - Creating Cards with Heather	7
8	9 Leave for Laughlin! 9 am - Benefits Assistance 10 am - Hatfield Doc Talk: Shingles 1:30 pm - Menu Meeting	10 9 am - Paper crafts with Wanda 9:30 am - Mindfulness Group	11 9 am - 25th Anniversary of Senior Expo 1:30 pm - Rummikub Group	12 8:30 am - Computer Help	13 10 am - Intro to Essential Oils 10 am - Trip to Orpheum Theater and Lunch 12:15 pm - Bingo with the Oaks	14
15	16 9 am - Site Council Meeting	17 9:30 am - Mindfulness Group	18 10 am - "Meaningful Life" by Brookdale Tempe 2 pm - Spice of Life Variety Show 9 am - Legal Consultations	19 8:30 am - Computer Help 9 am - BMI Checks with Gemini Hospice 9 am - Crafts with Juanita 7 pm - Spice of Life Variety Show	20 10 am - "Things Nobody Tells You When You Age" by Visiting Angels 1:15 pm - Movie in the lounge: Stepmom	21
22	23 10 am - Music with David Keller	24 9 am - Paper Crafts with Wanda 9:30 am - Mindfulness Group	25 8:30 am - Mazatzal Casino 10 am - Music with Ralph 10 am - MedAssure 11 am - Lunch at Fired Pie	26 8:30 am - Computer Help 9:30 am - Tai Chi Qigong	27 10 am - "Plants for Food and Medicine"	28 2 pm - Trip to see "My Fair Lady"
29	30 10 am - "Polypharmacy" by My House 5:30 pm - Generations Prom Trip	31 9:30 am - Mindfulness Group 10 am - Music with MJ Moore				

April 2015

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10 am - Jeopardy	2 9 am - Blood Pressure Checks with St. Luke's Hospital 9 am - Crafts with Juanita 9:30 am - Tai Chi Qigong 10:45 am - Spring Training Trip	3 10 am - Creating Cards with Heather	4
5	6 10 am - Spring Celebration	7 9:30 am - Mindfulness Group TBD - \$2 movie at Tempe Pollack Cinemas	8 10 am - Home Health and Incontinence Talk 1:30 - Rummikub Group	9 8:30 am - Computer Help 9:30 am - Tai Chi Qigong 12 pm - Pool Tourney Day 1	10	11
12	13 9 am - Benefits Assistance 10 am - Hatfield Doc Talk	14 9 am - Paper Crafts with Wanda 10 am - Music with Carl Nyberg	15 10 am - Nutrition Bingo with Health Choice 11 am - Out to Lunch: Ono Hawaiian	16 9 am - BMI and Blood Pressure Testing by Gemini Hospice 9 am - Crafts with Juanita 9:30 am - Tai Chi Qigong 12 pm - Pool Tourney Day 2	17 10 am - "How to be healthy without modern medicine" 1:15 - Movie in the lounge: Million Dollar Baby	18
19	20 9:30 am - Site Council 10 am - Looney Tuners	21 10 am - Aromatouch 11:30 am - Shamrock Farms Trip	22 9 am - Legal Consultations 10 am - Poetry Cafe	23 8:30 am - Computer Help 9:30 am - Tai Chi Qigong 12 pm - Pool Tourney Day 3	24 10 am - "Healthy Eating on a Budget with Food Bingo" by Scan	25
26	27 10 am - Music with Carlotta Wheeler	28 9 am - Paper Crafts with Wanda	29 8:30 am - Trip to Apache Gold Casino 10 am - Music with Ralph	30 8:30 am - Computer Help 9:30 am - Tai Chi Qigong 12 pm - Pool Tourney Day 3		

May 2015

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10 am - Creating Cards with Heather	2
3	4 10 am - Music with Jay Farris	5 10 am - Cinco de Mayo Party TBD - \$2 movie at Tempe Pollack Cinemas	6 10 am - Wheel of Fortune	7 8:30 am - Computer Help 9 am - Blood Pressure with St. Luke's Hospital 9 am - Crafts with Juanita	8	9
10	11 9 am - Benefits Assistance 10 am - Mothers Day Party	12 9 am - Paper Crafts with Wanda 9:30 am - Air Force Museum	13 11 am - Out to Lunch: Zorbas 1:30 pm - Rummikub Group	14 8:30 am - Computer Help	15 12:15 - Bingo with Mara 1:15 pm - Movie in the Lounge: Patch Adams	16
17	18 9:30 am - Site Council 10 am - Hatfield Doc Talk	19 10 am - Music with MJ Moore	20 10 am - Music with Ralph 3 pm - Phoenix Art Museum	21 9 am - BMI and Blood Pressure Testing by Gemini Hospice 9 am - Crafts with Juanita 9:30 am - Tai Chi Qigong	22 10 am - Intro to Essential Oils 2pm - Open Mic Afternoon sponsored by No place by Home Care	23
24	25 CLOSED IN HONOR OF MEMORIAL DAY	26 9 am - Paper Crafts with Wanda	27 National Senior Health and Fitness Day! 8:30 am - Trip to Fort McDowell Casino 10 am - MedAssure	28 8:30 am - Computer Help 9:30 am - Tai Chi Qigong	29	30



CITY OF CHANDLER
Community Services Department
Mail Stop 501, P.O. Box 4008
Chandler, AZ 85244-4008



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